FORT MASON CENTER

Fort Mason Center
Laguna and Marina Blvd.
San Francisco, California 94123
(415) 441-5705

Free parking next to buildings.
Muni lines 22, 30 and 47 to Fort Mason.
Distributor for Information & Services Division of the California Arts Council and for the California Council for the Humanities in Public Policy.
All activities in cooperation with the Golden Gate National Recreation Area.

For the arts, humanities, recreation, education and ecology.

On San Francisco's waterfront a new community resource for the entire Bay Area in the magnificent setting of an innovative National Park.

A historic fort is being transformed into a multi-faceted cultural center with a range of activities that will reflect the region it serves.

Exciting things are happening here now against the backdrop of a spectacular view of the Marina, Golden Gate Bridge, Marin Headlands and Angel Island.

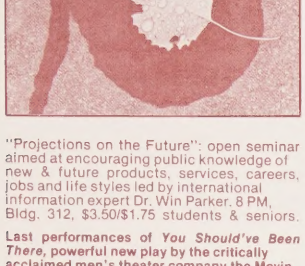
You are invited to attend, to participate, to propose your own ideas — to become involved in making these solid old army buildings come alive with all the vitality and diversity of the San Francisco Bay Area.

JUNE 1978

June 1 - Thursday

Aperture 78 Photography Exhibition: over 50 Western U.S. photographers represented in a show mounted in conjunction with the Aperture 78 Photocommunication Conference on June 3 & 4. Marina View Gallery, Bldg. 310, 12-6 PM daily (exc. Sun.) through June 16.

"Leaf, Dew & Rock" by Ernest Haas, Aperture 78 speaker



"Projections on the Future": open seminar aimed at encouraging public knowledge of new & future products, services, careers, jobs and life styles led by international information expert Dr. Win Parker. 8 PM, Bldg. 312, $3.50/$1.75 students & seniors.

Last performances of *You Should've Been There*, powerful new play by the critically acclaimed men's theater company the Movin Men. 8:30 PM, Bldg. 310, $3 Thurs./$3.50 Fri./$2.50 seniors or PAS ticket voucher, 421-7333. (Also 6/2)

June 2 - Friday

Dream Workshops: Series 1978 — "The Dream as Drama" with psychodrama & Gestalt exercises used to experience the power of dreams. Conducted by Kenneth Kelzer, MSW. 8-10 PM, Bldg. 312, $3, 454-8311.

You Should've Been There. 8:30. See 6/1.

June 3 - Saturday

Aperture 78 — annual photocommunication conference/workshops featuring eight nationally recognized photographers as speakers. 9 AM-9 PM, Bldgs. 310 & 312. Co-sponsored by Butte College photography program. For information call (916) 345-9014 or write Box 72, Durham, CA 95938.

Media Alliance presents Selling Non-Fiction, a workshop designed to aid novice & experienced freelance writers establish a professional image within the publishing community. 9 AM-5 PM, Bldg. 314, $24.50 adv. reg./$26.50 at door, 441-2557.

Free Brass Concert at Noon in Victorian Park. Sit in the sun, bring a bag lunch & listen to a rousing brass ensemble from SF Conservatory of Music. Selections by Handel, Bach, Gabrielli, Couperin & Lully. Sponsored by Fort Mason Foundation & GGRNA. 441-5705 or 556-0560. Victorian Park is located at Beach & Hyde Sts. across from Ghirardelli Square by Cable Car turnaround.

Last performances of *If Every Man Had a Baby*, another widely praised original play by the Moving Men. 8:30 PM, Bldg. 310, $3.50 Sat./$3 Sun./$2.50 seniors or PAS ticket voucher, 421-7333 (Also 6/4)

June 4 - Sunday

Aperture 78. 9 AM-6 PM. See 6/3.

Introduction to meditation, guided concentration & touch-healing techniques. Led by BobiRydbeck. Class limited to 20. 3:30 PM, Bldg. 312, $2.50. 586-4577 or 752-9941.

Folk Textiles of Okinawa: lecture/demonstration with Dorothy Miller including actual examples of banana fiber textiles & the traditional Okinawan loom. Sponsored by the Center for Folk Art & Contemporary Crafts. 4-6 PM, Bldg. 312, $1, 775-7609.

Plowshares Coffeehouse: Van Rozay in his original songs, some zany, some serious. 7:30 PM, Bldg. 312, $1.50, coffee, wine, pastries & other refreshments available. Call 282-5207 or 524-7036 for details.

If Every Man Had a Baby. 8:30. See 6/3.

June 5 - Monday

"Moon/in Joon/Rise". Artist Stephan Weisser presents an acoustic percussion performance in conjunction with the lunar phases of June. 8 PM, Bldg. 322 parking area, free, 444-6431.

June 6 - Tuesday

Shakespeare the Sadist preview 8 PM. See 6/9.

June 7 - Wednesday

Folklife Workshops/Demonstrations: two workshops for educators, youth leaders, musicians & others interested in American folklore & crafts. Activities include a mini-concert of dulcimer tunes & spoon playing and instruction in street games, square dancing, spinning & quilting. 7:30-9 PM, Bldg. 312, free, 892-1688. (Also 6/17)

SF Herb Society Open Forum: informal monthly public meeting to discuss use of herbs in medical practice. Hosted by Dr. Michael Weiner. 8-10 PM, Bldg. 312, free, 457-5406.

Shakespeare the Sadist preview. 8 PM. See 6/9.

June 8 - Thursday

Shakespeare the Sadist preview. 8 PM. See 6/9.

June 9 - Friday

***3-Penny Opera* — new production of the classic Brecht/Weill musical satire by Frank & Tony's Theatre Company. Directed by Gene Stillman. Cab Covay plays Mack the Knife. 8 PM Fri. & Sat. and 7:30 PM Sun., Bldg. 310, Marina Theatre, $3 or PAS ticket voucher, 421-7333 for information & reservations. (Fri.-Sun thru 7/2)**

3-Penny Opera by Frank & Tony's Theatre Company

Joseph Chaikin, founder-director of the Open Theatre and one of the leading innovators in contemporary American theater, will be in residence at Magic Theatre during June — performing a 1-man show conceived by Chaikin and Sam Shepard. Call 441-8001 for details.

Magic Theatre presents *Shakespeare the Sadist*, multi-media satire of modern American mores by German playwright Wolfgang Bauer that blends film & live action. Directed by John Lion. Also a conceptual performance piece by the SF group Soon 3, highly praised at the last National Theater Festival in Baltimore. 8 PM, Bldg. 314, $4.50/$3.50 students & seniors or PAS ticket voucher, 885-9928. (Thurs.-Sun. thru 7/16)

June 10 - Saturday

Women Playwrights' Circle: goals of this first meeting are to provide a new forum & support network for aspiring women playwrights and to offer informal readings of new plays by women for discussion & review. Open to any interested writers, directors, actors, actresses or others. 10 AM-1 PM, Bldg. 312, free, 863-4859.

Children's Media Access Project presents "Media Mania: A Workshop for Teachers & Youth Workers". Free, all-day workshop designed to provide experience with film, video & photography equipment and ideas for their use in a variety of learning & recreation settings. Must pre-register. 10 AM-5 PM, Bldg. 312, 863-9434.

The Carpenters' Ball: dance to benefit Greenpeace & in honor of all the musicians who have worked as carpenters to support their music. Featuring rock band Dakota. Refreshments available. 8 PM, Bldg. 312, $3, 494-8866.

3-Penny Opera at 8 PM. See 6/9.

Shakespeare the Sadist. 8 PM. See 6/9.

June 11 - Sunday

"Increasing Body Efficiency": simple & basic principles of structural mechanics and stress reduction. Led by Paul Zamarin, body therapist & stress consultant. 10 AM-4 PM, Bldg. 312, $20/$15 students & seniors, 488-4351.

"Relating & Play Day" sponsored by the Darmany Center. Bring your own lunch and pillow & wear loose clothing. 10 AM-6 PM, Bldg. 312, $5/day, 387-8449.

Children's Art Festival presented by the SF Children's Art Center. Activities include art exhibits and a play performed by the children—"Why the Sun & Moon Live in the Sky". Refreshments available. Festival from 1-4 PM, free; play at 3 PM, $1/25¢ kids, Bldg. 312, 771-0292.

Plowshares Coffeehouse: Bradlyn & Reid offer traditional and contemporary tunes laced with some tasty obscurities from years past. 7:30 PM, $1.50. See 6 /4.

3-Penny Opera at 7:30 PM. See 6/9.

Shakespeare the Sadist. 8 PM. See 6/9.

June 12 - Monday

Blue Bear School of Music presents its Spring Workshop Show, performance by participants in its latest Rock, Funk & Jazz workshops — followed by 7-Year Reunion Concert featuring several of the professional groups that have emerged from Blue Bear programs since its founding in 1971. Workshop Show at 7 PM, Reunion Concert at 9:30 PM, Bldg. 312, free, 673-3600.

"Dark Night" — Monday night theater event featuring a sampling of scenes from three current Bay Area productions: SF Repertory Company in Lillian Hellman's *The Children's Hour* directed by Michelle Truffaut; New Shakespeare Company in *A Midsummer Night's Dream* directed by Margrit Roma; Oakland Ensemble Theatre in a musical interpretation of *Medea* directed by Cle Thompson. 8 PM, Bldg. 310, $3, 441-5705.

June 14 - Wednesday

Media Alliance conducts "Graphics for Non-Artists", a 9-hour, 3-session workshop for community leaders in basic layout & paste-up. 7-10 PM, Bldg. 314, $36.50/$28 M.A. members, 441-2557. (Also 6/21 & 6/28)

June 15 - Thursday

Shakespeare the Sadist. 8 PM. See 6/9.

June 16 - Friday

CYTA presents a rare 1½ hour color film of D.S. Iyengar, author of *Light on Yoga*, demonstrating hatha yoga postures. 7:30 PM, Bldg. 312, $2.50, 752-9941.

3-Penny Opera at 8 PM. See 6/9.

Shakespeare the Sadist. 8 PM. See 6/9.

June 17 - Saturday

"The Freelancer vs. the IRS": Media Alliance conducts a 1-day, 3½ hour workshop on legal ways the freelance media worker can minimize the IRS tax bite. 9 AM-12:30 Noon, Bldg. 314, $12.25/$9 M.A. members, 441-2557.

Folklife Workshops/Demonstrations from 3-4:30 PM. See 6/7.

3-Penny Opera at 8 PM. See 6/9.

Shakespeare the Sadist. 8 PM. See 6/9.

Confluence Concert. Electro-Acoustic performance of improvised new music on original sculptural instruments made of stainless steel, bronze and other materials with musicians/designers Tom Nunn, Chris Brown & David Poyourow. 8:30 PM, Bldg. 312, $2, 387-4087 or 922-1248.

June 18 - Sunday

Mother Tongue Readers Theatre presents *Mothers & Daughters*, an exploration of the relationship between women and their mothers through humor, poetry & drama. 2 PM, Bldg. 312, $2/$1.50 seniors or PAS ticket voucher, 431-1180. Childcare provided.

Guitarist Ron Galen & flutist Janet Kutulas present a program of classical duets featuring compositions by Tedesco, Scheidler, Desportes & Bach. 2 PM, Bldg. 310, $2, 444-3330.

Plowshares Coffeehouse: Malahini Trio in Hawaiian-flavored 20s & 30s jazz with authentic Honolulu rags, C & W swing . . . and more! 7:30 PM, $1.50. See 6/4.

3-Penny Opera at 7:30 PM. See 6/9.

Shakespeare the Sadist. 8 PM. See 6/9.

June 19 - Monday

8 Women Artists: multi-media show with works by **Michal Bass** (oils), **Kathy Carney** (watercolors & oils), **Cathy Cohn** (graphics), **Verity Dierauf** (mixed-media), **Bobbie Fultz** (acrylics), **Helen Ludwig** (ceramic reliefs & collages), **Shirley Miller** (drawings), **Judith Ogus** (graphics). Marina View Gallery, Bldg. 310, 12-6 PM daily (exc. Sun.) through July 8. (Reception 6/ 22 at 7 PM.)

June 21 - Wednesday

Free preview of "Out of the Woods" furniture & art auction. 10 AM-8 PM. See 6/24.

"Graphics for Non-Artists". 7 PM. See 6/14.

June 22 - Thursday

Reception for 8 Women Artists, 7-9 PM. See 6/19.

Shakespeare the Sadist. 8 PM. See 6/9.

June 23 - Friday

"An Evening With Woody" — a celebration of the music and wisdom of Woody Guthrie in song, readings and personal recollections. With folksinger Lenny Anderson, actor Bruce Greene and journalist-commentator Ed Robbin, long-time friend of the great American folk-poet. 8 PM, Bldg. 312, $2, 441-5705.

3-Penny Opera at 8 PM. See 6/9.

Shakespeare the Sadist. 8 PM. See 6/9.

June 24 - Saturday

"Legal Research for Journalists": Media Alliance presents a 1-day, 3-hour workshop on the mechanics & tools of legal research. 9 AM-5 PM, Bldg. 314, $26/$19 M.A. members, 441-2557.

"Out of the Woods" — auction of contemporary wood furniture and art to benefit cooperating Bay Area environmental groups. Sponsored by Urban Arts. 10 AM-1 PM preview or silent auction; 1-4 PM live auction, Bldg. 312, free admission/$3 for bidding ticket, food available, 327-6227 or 327-2251.

Peace & Pieces presents an Anthology Poetry Party. Poets Todd Lawson, A.D. Winans, Ruth Weiss, Jack Micheline & others will read & celebrate publication of *Nineteen Plus One, An Anthology of S.F. Poetry*, published by Second Coming Press. Refreshments served. 3 PM, Bldg. 312, free, 771-6711.

3-Penny Opera at 8 PM. See 6/9.

Shakespeare the Sadist. 8 PM. See 6/9.

June 25 - Sunday

Plowshares Coffeehouse: Rosy's Bar & Grill—4 women playing music about women, but for everyone, from many different folk traditions on guitar, dulcimer, kazoo & other instruments. 7:30, $1.50. See 6/4.

3-Penny Opera at 7:30 PM. See 6/9.

Shakespeare the Sadist. 8 PM. See 6/9.

June 27 - Tuesday

Media Alliance General Meeting: open to the general public as well as all media workers. 7:30 PM, Bldg. 310, free, 441-2557.

June 28 - Wednesday

"Graphics for Non-Artists". 7 PM. See 6/14.

June 29 - Thursday

Shakespeare the Sadist. 8 PM. See 6/9.

June 30 - Friday

3-Penny Opera at 8 PM. See 6/9.

Shakespeare the Sadist. 8 PM. See 6/9.

June 30 is the deadline for submitting toys and games made from scrap materials for an exhibition to be presented in July by SCRAP and the Fort Mason Foundation—along with a series of programs related to recycling. Call 771-6545 for information.

BECOME A FRIEND OF FORT MASON!
SEE OTHER SIDE FOR DETAILS.

RESIDENCY GROUPS LISTED BELOW OFFER ONGOING ACTIVITIES AND EVENTS THROUGH THE MONTH AT FORT MASON CENTER

Blue Bear School of Music's summer quarter, including workshops, classes and individual instruction, begins June 26:

Workshops: Beginning & Advanced Rock and Blues, Funk and Jazz. Supervised group-playing, 2½ hours per week for 10 weeks/$75.
Classes: Basic Theory, Ear Training, Rhythm, Harmony, Fingerboard, Group Singing, Rhythmic Styles. One hour per week for 10 weeks/$40.
Individual instruction: electric & acoustic guitar, bass and piano; sax, flute, trombone, trumpet, drums and voice. Continuously available for all ages and levels of skill.

Blue Bear School of Music is in Bldg. 314 at Fort Mason Center. Call 673-3600 for free catalog and/or appointments.

During June the Center for World Music will offer Friday night concerts at San Francisco State University as part of the special summer program of the Asian Arts Academy:

6/2 Indonesian Gamelan Music & Dance
6/23 Middle Eastern & North African Music & Dance
6/30 Music from Northern India

Concerts at 8 PM in McKenna Theatre at SF State. Call 469-1774 for ticket information and for details on Tuesday evening film series.

For information on other residencies at Fort Mason Center call the following:

- Asian Holistic Health Center/ Integral Chuan Institute - 334-9280
- Friends of the Library - 558-3770
- Greenpeace - 441-3993
- Inner City Outings - 665-8214
- Magic Theatre - 441-8001
- SF Folk Music Club - 282-5207 or 524-7036
- Space Movement Institute - 788-3641
- YMCA - 885-0460

San Francisco Bay Area Dance Coalition is an alliance of 65 dance companies plus individual dancers working to improve the financial and performing status of dance in the Bay Area. Call 673-8172 for information and/or to subscribe to *Dance Calendar*, the comprehensive monthly guide to regional dance performances, or visit the coalition office in Bldg. 312 at Fort Mason Center.

California Yoga Teachers Association offers low-cost classes in relaxation, meditation & physical conditioning Sat., Sun. & Mon. mornings and Mon.-Thurs. afternoons. Bldg. 312. 752-9941 or 586-4577 for details and schedule.

ESTA School of Acting at Fort Mason Center is accepting applications for training in the up-to-date Stanislavski system. $40 monthly tuition covers acting, voice & speech, dance & movement classes. Bldg. 312. Call 824-9488 10-2 PM, Mon.-Fri. — or write to 156 Wool St., San Francisco, CA 94110.

MUSIC AT FORT MASON CENTER

During the past year Fort Mason Center has offered a wide variety of musical programs: international, jazz and folk concerts, guitar recitals, modern music events. In June there will be a free brass concert in Victorian Park, a Woody Guthrie commemorative and a unique program of new music on a fantastic array of sculptural instruments.

There's more to come! This summer the Fort Mason Foundation begins a series of free programs for seniors including classical, popular, folk & Dixieland music. And work will be completed on an intimate music auditorium that adds a fine new facility for recitals. Call the performing arts staff of the Foundation for further information and to schedule musical events at Fort Mason Center.

Hospital Audiences, located in Bldg. 312, is a community service organization that arranges for local artists to perform in hospitals, senior facilities, rehabilitation centers & other institutions. It also acquires free tickets for community & cultural events for distribution to residents of these institutions. Call 776-9171 for information.

San Francisco Children's Art Center offers three 3-week sessions for children 5 to 10 starting June 20. Classes meet once a week for painting, drawing, sculpting, drama & mask-making plus field trips to parks & museums. Special classes for pre-school children meet once a week for 1½ hours. Bldg. 312. Call Andy Meyer for information at 771-0292.

Peace & Pieces Multi-Cultural Center in Bldg. 312 has a Press Information Hotline for questions about grants, copyright, authors, manuscripts, publishing, readings, etc. Call 771-6711, 2-4 PM daily.

The Media Resource Center at Fort Mason is located in Building 314. Public meetings, seminars and classes are offered on an ongoing basis by experts in all phases of print & electronic media. For information about programs by resident resource groups call: Artists in Print, 673-6941; Media Alliance, 441-2557; Media Interchange, 673-6062.

Resident groups in the Environmental Resource Center in Bldg. 314 at Fort Mason presently include: Bay Area Energy Action and Planet Drum, 771-1385; Institute for Applied Ecology, 387-5071. For further information and to schedule events call the Fort Mason environmental programming staff at 441-5705.

SEE REVERSE SIDE FOR INFORMATION ON CLASSES AT FORT MASON CENTER.

Confluence: new music on sculptural instruments at Fort Mason Center on June 17

JUNE 78

Sitting on the dock of the Bay at Fort Mason Center photograph: Doug Winter

DANCE DEPT.
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FORT MASON CENTER

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Golden Gate National Recreation Area is the result of a combined effort by citizens and government working together to preserve priceless remaining open space in and near San Francisco for the use and enjoyment of the entire public.

Gateway to this 35,000 acre park is Fort Mason on San Francisco's waterfront, once a major port of embarkation for American forces in the pacific.

The 126-year-old fort occupies one of the most dramatically beautiful sites on the Bay. Along its heights and promenades stretches a panoramic view from the Golden Gate to the hills of Berkeley. Its piers provide walkways for additional vistas and have become a fisherman's and shipwatcher's delight.

In vacant structures at the fort, a nonprofit organization is assuming responsibility for renovation and use of over 250,000 square feet of building space. The Fort Mason Foundation has entered into an interim cooperative agreement with the National Park Service to create a regional center with programs in the arts, *humanities, recreation, education and ecology.*

Fort Mason Center provides much needed space for performances, exhibitions, workshops, classes and other uses. Since the beginning of activities in January 1977, thousands of people and hundreds of organizations have participated at the Center. As part of a new urban National Park, Fort Mason is now a place for experiencing the rich cultural diversity of the San Francisco Bay Area. This transformation of old military land to new community use demonstrates a broad, human concern for the quality of life in urban America.

Fort Mason: a landmark on San Francisco's waterfront

Charles Fuhrman & Edith Allgood Design
Editing and Layout by Carl Johnson

OPERATION TRANSPORTATION

Notice To All Senior Citizens:
Call (415) 552-2840 for free transportation in San Francisco. 2-day notice for individual rides; 1 month for group reservations.

DANCE CLASSES IN JUNE

Tap for Health/Buzzell Orozco: form, movement, footwork & exercise for beginners. **Sat.**, 1 PM, Bldg. 312, $24/8 week session or $3.50 per class, 863-1055, bring tap shoes. (6/3-6/24)

Jazz Dance/Elinor Coleman: beginning class in technique & composition with emphasis on individual expression. **Mon. & Wed.** 6:30-8:30 PM, Bldg. 312, $3.50 per session with monthly enrollment, $4 single class, 648-0936. (6/5-6/28)

Dance Performance Technique/Bob. S. Murphy: elements of jazz, modern & ballet followed by a rehearsal. National Park Service workshop, instructor approval needed. **Mon.** & **Tues.**, 7-8:15; rehearsal 8:15-10, Bldg. 312, 864-6556. (6/5-6/27)

Tap Dance/Jameee Dagen: technique, rhythm & body awareness. Two sections on **Tues**.: Advanced Beginning, 6-7 PM; Intermediate, 7-8 PM, Bldg. 312, $10/4 classes or $3 per class, 661-8471, bring tap shoes (6/6-6/27)

1950 s Jitterbug/Oz Koosed: basic steps of exciting partner dance through intricate variations like the "Pretzel" and "Gyncoco" **Tues.**, 8:30-10:30 PM, Bldg. 312, $15/4 classes, pre-reg., 552-4990, 2-7 PM, (6/6-6/27)

Musical Theatre Jazz Dance/Donald Weissmuller: basic steps, stretches, combinations & routines. Two sections: **Thurs.**, 6:30-7:30 PM (6/15-7/20) & **Tues.**, 10:30-11:30 AM (6/20-8/1), Bldg. 312, $20/$15 YMCA members, 885-0460, bring tap shoes.

Tap Dance/Donald Weissmuller: time steps, rhythms & routines for beginners through intermediates. Two sections: **Thurs.**, 7:30-8:30 PM (6/15-7/20) & **Tues.**, 11:30-12:30 Noon (6/20-8/1), Bldg. 312, $20/$15 YMCA members, 885-0460, bring tap shoes.

Ballroom Dancing/Erie Haeussler's popular class for beginners through advanced. **Tues.**, 7-10 PM, Bldg. 312, $15 single/$25 couple ($12/$20 YMCA members), 885-0460.

Guitar/Susan Winder: Classes for children & adults. **Wed.** (6/14-7/19) & **Sat.** (6/24-7/29), 6-week series, $20/$15 YMCA members.

Flute/Ralph Andrews: Basic fingering, phrasing, music reading. Two sessions on **Sat.** Beginners, 10-11 AM; Intermediate, 11-12 Noon, 6-week series, $27/$22 YMCA members. (6/24-7/29)

Recorder/Lucy Sherak. Basic music reading technique. No previous experience required. **Mon.**, 7:30-8:30 PM, 7-week series, $27/$22 YMCA members. (6/26-8/7)

Music Theory & Composition/Lucy Sherak. Elements of melody, harmony, music reading & writing. No previous training needed. Call for dates & times.

Above classes in Bldg. 312. Call 885-0460.

FREE MUSIC CLASSES FOR CHILDREN

Musicians Performing Arts offers ongoing free guitar, piano & other instrumental classes for kids 6-16. Instruments provided. Sat., 9-10 AM, Bldg. 312, 824-5374.

THEATER CLASSES AT FORT MASON CENTER

Be A Clown/Mesha T. Clown: a fun class for kids 8 and older. **Thurs.**, 3:30-5 PM, Bldg. 312, $20, 885-0460. (6/1-6/22)

Clown Workshop for Adults/Mesha T. Clown: character & skills development, physical comedy, tumbling, juggling & more. Fri., 6-8 PM, Bldg. 312, $20, 885-0460. (6/2-6/23)

Voice for the Actor: 6-week fundamental course in the Linklletter system of vocal production supplemented by experimental vocal techniques & relaxation exercises. No experience necessary. Wear loose clothing. **Sat.**, 10-11:30 AM, Bldg. 310, $21/6-week session, 826-0722. (6/3-7/8)

Y's Way To A Healthy Back/YMCA: medically designed and tested exercise program to correct and prevent back pains. **Mon.** & **Thurs.**, 6:30-7:30 PM, Bldg. 312, $35/6-week series, 885-0460. (6/19-7/27)

Health Practitioners Practicum/Holistic Health Organizing Committee: discussions of practical problems by experts in various disciplines. **Mon.**, 7-9:30 PM, Bldg. 310, $4.50 session/$4 for members, 548-4788. (6/12 & 6/26)

Backpacking & Wilderness Skills/Randy Fort: class for old-timers & novices with optional weekend camping trip. Equipment may be rented. **Tues.**, 7-9 PM, Bldg. 312, $15/series, 894-4247. (6/13-6/27)

Homeopathy: Scientific Natural Health Practice Dana Ullman: 6-week course in basic principles & practical applications. **Tues.**, 7:30-9:30 PM, Bldg. 312, $25-$40 (sliding scale), 548-4788. (6/6 & 6/13)

Aerobic Conditioning/Mary Fischer: fitness class incorporating dance & yoga. **Tues.** & **Thurs.**, 6-7:30 PM, Bldg. 312 (except 6/20 in Bldg. 310), $36/12 classes or $3.50 per class, 922-4205. (6/1-7/13)

T'ai Chi Chuan/Siu Fong Ha: complete classical forms with emphasis on meditative aspects. Two sections: **Mon.** & **Thurs.** (6/1-6/29) and **Tues.** & **Fri.** (6/2-6/30), 6:30-8 PM, Bldg. 312, $30/section, 334-9280.

Discovery of Self Gerald Cohen: workshops on diets, easy stretching postures & polarity energy-balancing. **Tues.**, 7-9:30 PM, Bldg. 312, $25/4 sessions, 566-6121. (6/6-6/27)

Body Conditioning & Health/Wil Ng: movement class utilizing T'ai Chi, Gung Fu, tumbling, Chinese dancing & general skills. **Mon.** & **Thurs.**, 6-11 PM & **Sat.**, 10 AM-Noon, Bldg. 312, free, 922-9100(#30). (6/1-6/29)

Awareness Through Movement/Julie Casson: Feldenkrais class to reduce tension & integrate movement. **Mon.**, Noon-1 PM & 6:30-7:30 PM, Bldg. 312, $3/class, 647-3056. (6/1-6/22)

Speedreading Georgie Kassel's course to increase reading speed, comprehension & concentration. **Thurs.**, 7-9 PM, Bldg. 312, $20/5-wk series, 524-1656. (6/1-6/29)

SEMINARS, DISCUSSIONS, WORKSHOPS

Acos Foundation Health Programs:
6/1 Oral Health—National Methods.
With Marvin Weinstat, D.M.D.
6/6 "Tools for Medical Self-Care".
Tom Ferguson, M.D., Inc. slide show.
6/8 Curing Problem Drinking.
With Jimmy Scott, Ph.D.
Acos programs from 7-9 PM, Bldg. 312, $3.50/$2.50 members, 664-1464.

Single Women Over Forty. Open semi-monthly discussions of feminist issues & literature. **Mon.**, 5:30 PM, Bldg. 312, free, 433-5146. (6/5 & 6/19)

FILMS

Humanistic Film Series. Informative documentaries on a variety of topics:
6/22 "Victor Frankel & the Will to Meaning"
"Being Abraham Maslow"
6/8 "Maslow & Self-Actualization"
"Sigmund Freud, 1938"
$2.50 per film, 1:30 PM, Bldg. 312, teachers to nonprofit organizations and seniors, 333-1151.

HEALTH, RECREATION, PHYSICAL EDUCATION

Finesse/YMCA: Classes for children & adults. **Wed.** (6/14-7/19) & **Sat.** (6/24-7/29), 6-week series, $20/$15 YMCA members.

Body Conditioning & Health/Wil Ng: movement class utilizing T'ai Chi, Gung Fu, tumbling, Chinese dancing & general skills. **Mon.** & **Thurs.**, 6-11 PM & **Sat.**, 10 AM-Noon, Bldg. 312, free, 922-9100(#30). (6/1-6/29)

Awareness Through Movement/Julie Casson: Feldenkrais class utilizing T'ai Chi, Gung Fu, tumbling for flexibility, balance, endurance. $30/3 months, 885-0460. (6/1-8/31)

Body Conditioning & Health/Wil Ng: movement class utilizing T'ai Chi, Gung Fu, tumbling, Chinese dancing & general skills. **Mon.** & **Thurs.**, 6-11 PM & **Sat.**, 10 AM-Noon, Bldg. 312, free, 922-9100(#30). (6/1-6/29)

Recorder/Lucy Sherak. Basic music reading technique. No previous experience required. **Mon.**, 7:30-8:30 PM, 7-week series, $27/$22 YMCA members. (6/26-8/7)

Music Theory & Composition/Lucy Sherak. Elements of melody, harmony, music reading & writing. No previous training needed. Call for dates & times.

Above classes in Bldg. 312. Call 885-0460.

FREE MUSIC CLASSES FOR CHILDREN

Musicians Performing Arts offers ongoing free guitar, piano & other instrumental classes for kids 6-16. Instruments provided. Sat., 9-10 AM, Bldg. 312, 824-5374.

THEATER CLASSES AT FORT MASON CENTER

Be A Clown/Mesha T. Clown: a fun class for kids 8 and older. **Thurs.**, 3:30-5 PM, Bldg. 312, $20, 885-0460. (6/1-6/22)

Clown Workshop for Adults/Mesha T. Clown: character & skills development, physical comedy, tumbling, juggling & more. Fri., 6-8 PM, Bldg. 312, $20, 885-0460. (6/2-6/23)

Voice for the Actor: 6-week fundamental course in the Linklletter system of vocal production supplemented by experimental vocal techniques & relaxation exercises. No experience necessary. Wear loose clothing. **Sat.**, 10-11:30 AM, Bldg. 310, $21/6-week session, 826-0722. (6/3-7/8)

Y's Way To A Healthy Back/YMCA: medically designed and tested exercise program to correct and prevent back pains. **Mon.** & **Thurs.**, 6:30-7:30 PM, Bldg. 312, $35/6-week series, 885-0460. (6/19-7/27)

Health Practitioners Practicum/Holistic Health Organizing Committee: discussions of practical problems by experts in various disciplines. **Mon.**, 7-9:30 PM, Bldg. 310, $4.50 session/$4 for members, 548-4788. (6/12 & 6/26)

Backpacking & Wilderness Skills/Randy Fort: class for old-timers & novices with optional weekend camping trip. Equipment may be rented. **Tues.**, 7-9 PM, Bldg. 312, $15/series, 894-4247. (6/13-6/27)

Homeopathy: Scientific Natural Health Practice Dana Ullman: 6-week course in basic principles & practical applications. **Tues.**, 7:30-9:30 PM, Bldg. 312, $25-$40 (sliding scale), 548-4788. (6/6 & 6/13)

Aerobic Conditioning/Mary Fischer: fitness class incorporating dance & yoga. **Tues.** & **Thurs.**, 6-7:30 PM, Bldg. 312, $36/12 classes or $3.50 per class, 922-4205. (6/1-7/13)

T'ai Chi Chuan/Siu Fong Ha: complete classical forms with emphasis on meditative aspects. Two sections: **Mon.** & **Thurs.** (6/1-6/29) and **Tues.** & **Fri.** (6/2-6/30), 6:30-8 PM, Bldg. 312, $30/section, 334-9280.

Discovery of Self Gerald Cohen: workshops on diets, easy stretching postures & polarity energy-balancing. **Tues.**, 7-9:30 PM, Bldg. 312, $25/4 sessions, 566-6121. (6/6-6/27)

Speedreading Georgie Kassel's course to increase reading speed, comprehension & concentration. **Thurs.**, 7-9 PM, Bldg. 312, $20/5-wk series, 524-1656. (6/1-6/29)

SEMINARS, DISCUSSIONS, WORKSHOPS

Acos Foundation Health Programs:
6/1 Oral Health—National Methods.
With Marvin Weinstat, D.M.D.
6/6 "Tools for Medical Self-Care".
Tom Ferguson, M.D., Inc. slide show.
6/8 Curing Problem Drinking.
With Jimmy Scott, Ph.D.
Acos programs from 7-9 PM, Bldg. 312, $3.50/$2.50 members, 664-1464.

Single Women Over Forty. Open semi-monthly discussions of feminist issues & literature. **Mon.**, 5:30 PM, Bldg. 312, free, 433-5146. (6/5 & 6/19)

FILMS

Humanistic Film Series. Informative documentaries on a variety of topics:
6/22 "Victor Frankel & the Will to Meaning"
"Being Abraham Maslow"
6/8 "Maslow & Self-Actualization"
"Sigmund Freud, 1938"
$2.50 per film, 1:30 PM, Bldg. 312, teachers to nonprofit organizations and seniors, 333-1151.

SPECIAL SERVICES TO THE COMMUNITY

SCRAP (Scrounger's Center for Reusable Art Parts) — the SF Neighborhood Arts/CETA Program that recycles discarded materials to nonprofit organizations and teachers for use uses—is located in Pier 3 at Fort Mason.

AM/PM Recycling at Fort Mason is open the second & fourth Saturdays of each month.

Call 387-3044 for information.

Program announcements and copies of the newsletter of the California Council for the Humanities in Public Policy may be obtained at the office of the Fort Mason Foundation.

Fort Mason Center is an information conduit for the Information & Services Division of the California Arts Council. The newsletter *State of the Arts* and publications on funding, jobs, spaces and legislation for artists are available at the office of the Foundation.

The Fort Mason Foundation gratefully acknowledges grants in support of general operation & program development from:

California Arts Council
Columbia Foundation
Gerbode Foundation
Evelyn & Walter Haas, jr. Fund
Luke B. Hancock Foundation
William Randolph Hearst Foundation
William & Flora Hewlett Foundation
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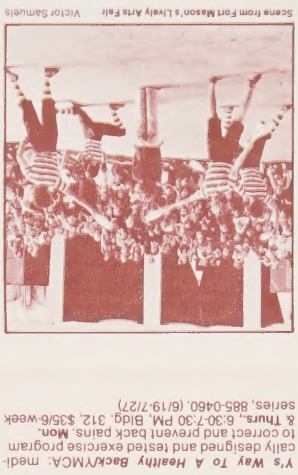
Lakeside Foundation
David & Lucile Packard Foundation
Publicity & Advertising Fund of the City & County of San Francisco
San Francisco Foundation
van Löben Sels Foundation
and the CETA Title VI Program through a contract with the San Francisco Mayor's Office of Employment & Training.

Friends of Fort Mason

Fort Mason Center is midway through its second year. The support of Bay Area foundations and cooperation of the Golden Gate National Recreation Area have made possible a very successful start. Coming years promise continued growth with new spaces at the fort put into use and new activities added to our wide range of programming for both residents and visitors of San Francisco.

The Fort Mason Foundation has launched a "Friends of Fort Mason" membership campaign. We invite all who support the innovative program we have begun in this new National Park to join the "Friends". Your annual membership will make possible further development of activities at Fort Mason Center in the *arts, humanities, recreation, education and ecology* — and you will be taking part in an exciting project that demonstrates the continuing vitality of the culture and lifestyle of the San Francisco Bay Area.

Members of the "Friends of Fort Mason" will receive an annual subscription to our monthly calendar of events, four issues of a quarterly Fort Mason newsletter, invitations to art show openings and discounts at selected events sponsored by the Fort Mason Foundation. Sponsors, patrons and benefactors also will be invited to previews of all major exhibits and to special events.



Scene from Fort Mason's Lively Arts Falr Victor Samuels

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Checks payable to Fort Mason Foundation.
All memberships are contributions are tax-deductible.

Please clip and mail with check to:
Fort Mason Foundation, Building 310, Fort Mason, San Francisco, CA 94123.